



DECEMBER 2004

Common sense regarding safety is not always so common with us! As our kids tell us... that is so obvious... but is it really!!

Holiday Safety



A lot of us will be traveling during the busiest holiday period between Thanksgiving and New Year's Eve, and of course everyone wants to have a good time. Plan your trip, take advantage of rest stops, and pay close attention to weather conditions. Just remember this is also the same time more frequent sobriety checkpoints are in effect. While all states with the exception of MA, SC and the District of Columbia have per se laws defining it as a crime to drive with a blood alcohol concentration (BAC) at or above a prohibited level, usually 0.10 percent, Virginia's prohibited level is 0.08 percent. You can prevent yourself from being a statistic by not being pressured into drinking and not driving when you're drinking. If at a party, use alternative means, i.e. designated driver or taxicab when you're intoxicated. Even if you feel that this doesn't apply to you, a drunk driver's impaired ability to react to simple

distractions and road hazards puts everyone at risk. This is another reason why everyone should wear their seat belts. The Christmas season will mean you'll be decorating a tree and adding holiday lighting. Select a fresh tree, and cut two inches from the bottom before placing it in a water-holding tree stand. Check the water level in the stand each day, and add water as needed. Keep all heat sources away from your tree. Use UL approved lights only, and install the lights in accordance with the manufacturer's instructions. Check the operation of the lights, and inspect for any damage prior to decorating. Never connect multiple extension cords together, or run an extension cord underneath a carpet. Keep all cords away from the water-holding tree stand, and never use electrical lighting on a metallic tree. Turn off electrical lighting when not at home or prior to going to bed.

Alcohol-Related Crashes and Fatalities



Source: www.nhtsa.dot.gov & Mike Venne, Safety Specialist, PWC Norfolk

Nationally, there were 17,013 alcohol-related traffic fatalities in 2003, which represented 40% of the total traffic fatalities for the year.

An estimated 275,000 persons were injured in vehicular crashes where police reported that alcohol was present. This is an average of one person injured approximately every 2 minutes.

The 17,013 fatalities in alcohol-related crashes during 2003 represent an average of one alcohol-related fatality every 31 minutes.

Of the 17, 013 people who died in alcohol-related crashes in 2003, 14,630 (86%) were killed in crashes where at least one driver or non-occupant had a Blood Alcohol Content of 0.08 g/dl or higher.

The National Highway Traffic Safety Administration estimates that alcohol was involved in 40% of fatal crashes and 7% of all crashes in 2003.

Approximately 1.5 million drivers were arrested in 2002 for driving under the influence of alcohol or narcotics. This is an arrest rate of 1 for every 130 licensed drivers in the United States (2003 data not yet available).

In 2003, 21% of the children 0 to 14 years old who were killed in motor vehicle crashes were killed in alcohol-related crashes.

The rate of alcohol involvement in fatal crashes is more than 3 times as high at night as during the day (61% vs. 18%).

In fatal crashes in 2003, the highest percentage of drivers with BAC levels 0.08 g/dl or higher was for drivers 21-24 years old (32%), followed by ages 25-34 (27%) and 35-44 (24%).



In the state of Virginia during 2003, there were 943 traffic fatalities, of which 364 (39%) were alcohol-related.

In the state of New Jersey during 2003, there were 747 traffic fatalities, of which 275 (37%) were alcohol-related.

In the state of Pennsylvania during 2003, there were 1,577 traffic fatalities, of which 618 (39%) were alcohol-related.

Nationally, Persons Killed and Percent Alcohol-Related Traffic Accidents for Holiday Periods in 2003:

<u>Holiday</u>	<u>Deaths</u>	<u>Percent Alcohol Related</u>	<u>Holiday Period</u>
New Year's Day	219	61%	1 day
Memorial Day	479	50%	3 days
Fourth of July	514	55%	3 days
Labor Day	505	51%	3 days
Thanksgiving	560	44%	4 days
Christmas	513	48%	4 days



PRE-TRIP SAFETY CHECKLIST- The Naval Safety Center has posted on their website a checklist designed to be completed for all planned trips outside the local area when service members are going on leave/liberty. Its use is encouraged when service members are going on trips even if not on official leave/liberty. It will help service members, commanders, and other leaders ensure drivers and vehicles are safe prior to departure and that the trip has been sufficiently planned (time, rest stops, alternate drivers, anticipated weather conditions) to get safely to the destination and back.

<http://safetycenter.navy.mil/ashore/motorvehicle/toolbox/pre-tripsafe.htm>



WHAT'S ON YOUR MIND- It's the Holiday Season again. Many service members are away from home keeping our country safe. To those fine men and women we say, "Thank you", and we want you to know that we are thinking about you. Your job is tough. It often requires your full attention to keep from having an accident. We know we want to think of our loved ones, but save it for our off-duty hours. After all, those who care so much about us wouldn't want to be the one distraction, which leads to a mishap. Take care of yourself; whether you're away or at home, and let us all come back next year alive and well

MISHAPS REPORTED FOR NOVEMBER

(Note: November was one of the worse mishap months in quite some time at NAS Oceana with 24 mishaps. The top category was sports related injuries. Also, hand and finger and electrical shock ranked 2nd and 3rd. Virtually all of these were preventable injuries, so let's be diligent out there.

1. Service member was installing a radio in the car when he lost his grip and cut his thumb. **(off-duty, no lost work days).**
2. Service member fractured his right hand when he fell while playing football. **(off-duty, no lost work days).**
3. Service member was cutting some wires when the cutters slipped and cut his middle finger. **(on-duty, no lost work days).**
4. Service member was poked in the eye while playing basketball **(off-duty, no lost work days).**
5. Employee was stung in the face by a bee. **(on-duty, no lost work days).**
6. Service member suffered electrical shock while working on electrical circuits. **(on-duty, no lost work days).**
7. Employee stated he was carrying a punch bowl into the kitchen when he bumped into a piece of kitchen equipment. The bowl shattered while he was still holding it and suffered multiple lacerations to both hands. **(on-duty, 12 work days).**
8. Service member suffered a fractured left thumb while closing car door. Service member misjudged closing car door and smashed her left thumb. **(off-duty, no lost work days).**
9. Service member suffered puncture wounds when he was attacked by a dog at a friend's house. **(off-duty, no lost work days).**
10. Service member suffered a cut in his right eye when he was pulling a knot on a rope apart and his right thumb slipped and went right through his eye. **(off-duty, 4 work days).**
11. Service member suffered an electrical shock to his left hand while removing a nut from the back of a circuit breaker. **(on-duty, no lost work days).**
12. Employee tripped and fell on a fan core while walking towards the door and suffered a left knee, forehead and head injury. **(on-duty, no lost work days).**
13. Service member suffered a smashed left middle finger when his hand slipped and got caught while closing a steel bin door. **(on-duty, no lost work days).**

14. Service member was skate boarding and injured his eyes, elbow and shoulder. Also scraped his head and face. (off-duty, no lost work days).0
15. Service member suffered a bruised left eye while participating in a softball game at the base. (off-duty, no lost work days).
16. Employee suffered a strain right shoulder after she picked up a child at the center. (on-duty, no lost work days).
17. Service member suffered electrical shock while working on voltage readings at his work center. (on-duty, no lost work days).
18. Service member cut his right index finger when he was reaching under his bed. (off-duty, no lost work days).
19. Service member suffered electrical shock to his left hand when he noticed the rubber spacers were missing from the v6 card which caused an electrical shock. (on-duty, no lost work days).
20. Employee burned her right forearm on a hot toaster. (on-duty, no lost work days).
21. Employee felt a pop in his right hip after lifting a 100' section of hose. (on-duty, no lost work days).
22. Service member was struck by a vehicle while jogging across Lynnhaven Pkwy. (off-duty, 3 lost work days).
23. Employee was vacuuming floors in bq when he pulled sofa bed out and hurt his back. (on-duty, 1 lost work day).
24. Employee slipped on wet floor and landed on right knee suffering a bruise. (on-duty, no lost work days).

Lost Work Day - Loss of at least one full workday subsequent to the date of mishap.

Lets' be safe out there !!

From all of us at the Virginia Beach Safety Storefront we wish you and yours a safe and enjoyable holiday season!!!



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